



177TH FIGHTER WING JERSEY DEVILS



SAFETY AND HEALTH NEWSLETTER

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Machines Friend or Foe?

A huge proportion of the productivity of industrial nations like ours is dependent on machines! Hour after hour these workhorses respond to the men and women who operate them by pounding, cutting, crushing welding, stitching, or whatever other task they were designed for.



This man lost his finger when a machine in a foundry cut it off.

There is a downside: the machines cannot distinguish between a piece of wood, steel, or fabric and an operator's body. It does not know that the dust, splinters, sparks, or metal chips that are an offshoot of its work may fly into the operator's eyes, face, and lungs with devastating effects.

How do we guard against these dangers?

1. Complying with AFOSH Std. 91-12, Machinery and OSHA regulations (Subpart O of 29 CFR 1910.211-219- Machinery and Machine Guarding) is a good start. This subpart deals with the machines and guarding devices that can prevent the injuries, an even deaths, that can otherwise result when moving machine parts and body parts meet.
2. Ensure that all potentially dangerous machinery is equipped with the appropriate guards are properly maintained and that the machines are in good working order.
3. Provide and require the use of appropriate personal protective equipment (PPE) – whether it be face shields, safety glasses, gloves, aprons and specialty tools.
4. Perform a hazard risk analysis for different types of machine setups.
5. Establish Standard Operating Procedures (SOP) for machinery operation, and provide operators with thorough training in these practices.
6. Maintain supervisory oversight of operations, to see that safe work practices are followed, including correction and disciplinary action when necessary.
7. Assure that machine maintenance and repair are conducted only after lockout-tagout procedures have been followed.

Understanding and following work practices for machine operations is essential:

1. Never start an unguarded machine, remove or bypass the guard. If a guard must be removed for servicing or adjustment, lockout/tagout procedures must be followed.
2. Never leave machines running unattended.
3. Wear the proper PPE for the particular job – such as eye protection, safety shoes, safety caps to cover long hair.
4. Do not wear neckties, jewelry, or loose-fitting clothing (especially loose sleeves and cuffs of shirts or jackets).
5. Immediately report to your supervisor any equipment with a missing or defective guard.
6. Immediately report to your supervisor any unsafe condition you may notice – whether it is in your own work area or elsewhere.
7. Practice good housekeeping by keeping your work area free of trash, unusable spare parts, hand tools and spills.

The good news is when supervisors and employees make sure that the machines and the machine operators work safely, the benefits are fewer injuries, less material waste and reduced costs.

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If you have any safety related topics you would like to see in our publication or have any questions that we can help with, please contact the Wing Safety Office at 6013 or e-mail at Robert.Fusco@njatla.ang.af.mil

FACTS YOU SHOULD KNOW ABOUT... INDOOR AIR QUALITY

Indoor air quality is a major concern to businesses, building managers, tenants, and employees because it can impact the health, comfort, well being, and productivity of building occupants. Most Americans spend up to 90% of their time indoors and many spend most of their working hours in an office environment. Studies conducted by the U.S. Environmental Protection Agency (EPA) and others show that indoor environments sometimes can have levels of pollutants that are actually higher than levels found outside.

Pollutants in our indoor environment can increase the risk of illness. Several studies by EPA, states, and independent scientific panels have consistently ranked indoor air pollution as an important environmental health problem. While most buildings do not have severe indoor air quality problems, even well-run buildings can sometimes experience episodes of poor indoor air quality.

Indoor air quality is not a simple, easily defined concept like a desk or a leaky faucet. It is a constantly changing interaction of complex factors that affect the types, levels, and importance of pollutants in indoor environments. These factors include: sources of pollutants or odors; design, maintenance and operation of building ventilation systems; moisture and humidity; and occupant perceptions and susceptibilities. In addition, there are many other factors that affect comfort or perception of indoor air quality.

Besides the factors that directly impact the levels of pollutants to which people are exposed, a number of environmental and personal factors can affect how people perceive air quality. Some of these factors affect both the levels of pollutants and perceptions of air quality.

- ⇒ Odors
- ⇒ Temperature -- too hot or cold
- ⇒ Air velocity and movement -- too drafty or stuffy
- ⇒ Heat or glare from sunlight
- ⇒ Glare from ceiling lights, especially on monitor screens
- ⇒ Furniture crowding
- ⇒ Stress in the workplace or home
- ⇒ Feelings about physical aspects of the workplace: location, work environment, availability of natural light, and the aesthetics of office design, such as color and style.
- ⇒ Work space ergonomics, including height and location of computer, and adjustability of keyboards and desk chairs
- ⇒ Noise and vibration levels
- ⇒ Selection, location, and use of office equipment

Ask your supervisor or call your Wing Safety Office at x6013, if you have a concern about any of these factors.

Things Everyone in the Building Can Do

All of the occupants of a building can have a great influence on indoor air quality. Everyday activities like heating food in a microwave and using the photocopier can generate odors and pollutants. By being aware of indoor air issues, occupants can help prevent problems. Here are some things you can do:

Do not block air vents or grilles. Keep supply vents or return air grilles unblocked, so you won't unbalance the HVAC system or affect the ventilation of a neighboring office. Furniture, boxes or other materials near supply vents or return air grilles may also affect air flow. Follow your office's procedures to notify building management if your space is too hot, too cold, stuffy or drafty.

Comply with the office and building smoking policy. Smoke in designated areas only.

Clean up all water spills promptly, water and maintain office plants properly and report water leaks right away. Water creates a hospitable environment for the growth of micro-organisms such as molds or fungi. Some of these microbes, if they become airborne, can cause health problems.

Dispose of garbage promptly and properly. Dispose of garbage in appropriate containers that are emptied daily to prevent odors and biological contamination.

Store food properly. Food attracts pests. Some foods, if left unrefrigerated, can spoil and generate unpleasant odors. Never store perishable food products in your desk or on shelves. Refrigerators should be cleaned on a regular basis to prevent odors. Keep kitchens and dining areas clean and sanitize as necessary to prevent pests and maintain hygiene.

Notify your building or facility manager immediately if you suspect an IAQ problem. This helps management determine the cause of the problem quickly so that a timely solution can be reached.

CPSC, MCM International Announce Recall of Electric Pressure Washers

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), MCM International of Eden Prairie, Minn., is voluntarily recalling about 50,000 Black Cat™ electric pressure washers. MCM International imported the pressure washers from a manufacturer



in China who installed counterfeit ground fault circuit interrupter (GFCI) plugs on some of the units, without MCM's approval. All of the plugs are labeled "WELLONG"; however, the pressure washers with counterfeit "WELLONG" GFCI plugs appear virtually identical to those with genuine "WELLONG" GFCIs. It will require a professional inspection to identify the counterfeit GFCIs. GFCIs are important safety devices that are intended to protect consumers against shock or electrocution.

CPSC and MCM International have not received any reports of incidents in which the GFCI plugs failed to operate. This recall is being conducted to prevent the possibility of injury.

The recalled Black Cat™ pressure washers have a sticker with a cat and the words "Black-Cat" on each side of the unit. The model numbers - either BC-2000 or TW-1750 - can be found on a label on the right side of the power station. The label also reads in part, "Made in China," "High Pressure Cleaning Machines," and the "Production Date" (which should fall between March 2001 and July 2001). The GFCI plugs have a green "Reset" button and a blue "Test" button - some plugs also have a label that reads "CONNECT TO INDIVIDUAL BRANCH CIRCUIT ONLY." On the back of the GFCI plug near the electrical prongs are the words "WELLONG" and "Rainproof."

Target and Menard's stores nationwide sold these pressure washers from August 2001 to September 2001 for between \$85 and \$100.

Consumers should stop using these pressure washers and call MCM International at (800) 304-1316 between 8 a.m. and 5 p.m. CT Monday through Friday to arrange to have their unit inspected. If necessary, MCM International will replace the installed GFCI plug with a genuine WELLONG GFCI plug.

CPSC reminds consumers that any electrical product that is used near water should contain a GFCI, in the plug or outlet. Prior to the implementation of the voluntary standard calling for the inclusion of GFCI plugs with high-pressure cleaning machines, there were several electrocution deaths and injuries. These incidents did not involve the Black Cat pressure washer.

CPSC, Kent International Inc. Announce Recall of "Midget Racer" Mini-Bicycles



WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Kent International Inc. of Parsippany, N.J., is voluntarily recalling about 28,000 "Midget Racer" mini-bicycles. The front fork assembly on these mini-bicycles can loosen or break, and cause the rider to lose control and crash.

Kent International has not received any reports of injuries or incidents relating to the front forks on these mini-bicycles breaking. This recall is being conducted to prevent possible injuries.

The "Midget Racer" mini-bicycle is yellow with 8-inch black rubber tires, black seat and black handgrips. The mini-bicycle is about 31-inches long and 23-inches high. "MIDGET RACER" and "KENT" are written in red lettering on the frame of the bicycle.

Discount department, bicycle, wholesale club and toy stores sold these mini-bicycles in New Jersey, New York, Rhode Island, Minnesota and Massachusetts from October 2001 through November 2001 for about \$70.

Consumers should stop using these Midget Racer mini-bicycles immediately and return them to the place of purchase for a refund or to receive a replacement mini-bicycle. For further information, call Kent International at (800) 451-5368 between 8:30 a.m. and 4:30 p.m. ET Monday through Friday.

Kent previously notified many of the consumers who purchased the recalled mini-bicycles about the recall, but about 2,200 of the mini-bicycles still have not been returned.

All Kent mini-bicycles have black plastic caps on the tops of the front-wheel fork. Kent mini-bicycles with black plastic caps covering the chrome portion of the tops and sides of the front-wheel fork are not included in this recall.

For more information on the current or any past recalls visit CPSC's homepage at <http://www.cpsc.gov/>

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HEARING LOSS

When you notice a difference between loud sounds and quiet ones, your ears are perceiving changes in sound pressure level. Intensity (or volume) is measured in decibels (dB). Zero (0) dB is the softest sound that can be heard. Normal conversation is around 40dB to 60dB, a whisper around 30dB. A rock concert can average between 110 and 120 dB. Pain from hearing is subjective. Levels below 125 dB may be painful to some individuals.

The sound from a jet plane is approximately 140 dB.

At rock shows, the dB level can be as great as 140 dB in front of the speakers, but less than 120 dB at the back which is still very loud and dangerous.

Decibels are measured on a logarithmic scale. Each increase of 10 on the scale represents a tenfold increase in loudness. 20 dB is 10 times as loud as 10 dB; 30 dB is 100 times louder than 10 dB, and so on.

The maximum exposure time for unprotected ears per day is 8 hours at 90 dB according to The Occupational Safety and Health Administration (OSHA) guidelines. For every 5 dB increase in volume, the maximum exposure time is cut in half.

- 95 dB - 4 hours
- 110 dB - 30 min
- 100 dB - 2 hours
- 120 dB - 7.5 min

Many hearing professionals believe that these permissible levels are still too high for hearing safety.

Other sources of noise: boom cars, bars, dance clubs, motorcycles, auto races, monster trucks, farm and factory equipment, power tools, guns, sporting events, crowd noise, stereo headsets.

Hearing Damage

Noise-induced hearing loss affects both the quantity and the quality of sound. Understanding human speech becomes difficult because words become indistinct. Excessive sound exposure damages hearing by over-stimulating the tiny hair cells within the inner ear. There are between 15,000 and 20,000 of these microscopic sensory receptors in the cochlea (coke-lee-ah). When these hair cells are damaged, they no longer transmit sound to the brain. Sounds are muffled. Hearing damage through noise exposure is permanently lost. Hearing aids amplify the remainder of your hearing.

Is Your Hearing at Risk?

Warning signs:

After exposure to loud music or noise you may experience one or more of the following:

- ➡ Ringing or buzzing in the ears
- ➡ Slight muffling of sounds
- ➡ Difficulty in understanding speech. You can hear all the words, but you can't understand them.
- ➡ Difficulty in hearing conversation in groups of people when there is background noise, or in rooms with poor acoustics.

If you experience any of these early warnings, don't wait to seek help. Have your hearing checked by an audiologist, or have your ears examined by an ear specialist. Protect your hearing by wearing ear plugs or turning down the volume. Take breaks. Give your ears a chance to recover.

Ask your Supervisor or call the Wing Safety Office at X6013 and someone will be happy to assist you in finding the proper hearing protection for the job you are performing.

decibels	Danger Zone
150	Jet Take-Off
140	Gun Shot
130	Jack-Hammer, Rock Concert
120	Car Stereo, Band Practice
110	Dance Clubs, Headphones
100	Factory
90	Subway
80	Busy Street
70	Restaurant
60	Conversation